



QUICK FACTS

ABOUT PLG CSA

We offer separate winter shares in varying sizes for:
vegetables and **beef/lamb/pork**

Organic, free-trade **coffee**
is available a la carte.

**The winter share is six bi-weekly pick-ups
on Saturdays**, starting on November 17, 2012 and
ending on February 2, 2013
There is a break around the holidays.

Pickup is at **Maple Street School** at
21 Lincoln Road on Saturday mornings.

We have a **LIMITED number of
income-based tiered shares.**

Contact us at info@plgcsa.org for more information.

Vegetable shares are **\$230 for a full share** and
\$120 for a single share.

(See inside chart for other pricing)

Vegetables are seasonal. As the season
progresses, members can expect to receive
different items based on harvest times.

A typical single share includes **6-10 pounds of
storage vegetables and 1-3 packs of frozen
vegetables.** A full share includes roughly double the
quantity and a greater variety of vegetables.

DEPOSIT AND REGISTRATION FORM ARE DUE FRIDAY, OCTOBER 19!

Download the registration form at
www.plgcsa.org
or contact
info@plgcsa.org or 347-823-1076
to request a form.

WHY A CSA?

Almost all foods involve a process, but 'processed foods' refer to those which are significantly altered from their natural state—particularly with chemicals such as preservatives, flavorings, and additives. Processed foods also often contain chemicals and synthetics that our bodies cannot process. They are usually high in fat, sugar, and salt and low in nutrients.

Fresh foods are healthier for you as they still contain all their natural nutrients.

In a CSA, you will receive organic, fresh, non-processed vegetables, fruits and other products. Organic food is produced without the use of synthetic substances or pesticides. Organic farming techniques produce food using natural fertilizers and no chemicals. As well, in a CSA, the food is fresher because it is locally grown, which means it can be on your table within 24 hours of being picked. Buying locally also means less fuel burned to transport food, which also helps pollution and costs. Finally, in a CSA, you will be supporting local farms and families.

**Being a part of a CSA is the path to a
healthier you and a healthier planet!**

OUR MISSION

Prospect Lefferts Gardens Community Supported Agriculture (PLG CSA) was founded in 2006 and is committed to providing an *affordable* source of fresh, healthy, and organic food to the diverse community of Prospect Lefferts Gardens. We support local family farms and sustainable agricultural practices. We are dedicated to connecting our members with the source of their food and with each other.

PLG CSA is one of over 50 CSA's in New York City. For a list of CSA's, and more information about CSA in general, visit Just Food's website at www.justfood.org/csa.

For more information, contact:
PROSPECT LEFFERTS GARDENS
COMMUNITY SUPPORTED AGRICULTURE
tel: 347-823-1076
info@plgcsa.org
www.plgcsa.org



PLG CSA
PROSPECT LEFFERTS GARDENS
COMMUNITY SUPPORTED AGRICULTURE

**WINTER
2012 - 2013
SEASON**

**JOIN AND GET GREAT,
ORGANIC, FRESH, AND
AFFORDABLE FOOD
THIS WINTER!**

HOW IT WORKS

PLG CSA brings you fresh, organic food that is grown in the region and without the use of pesticides. Winter share vegetables are either picked 24-36 hours before delivery, or frozen in the summer just after harvesting. Because our CSA is organic, seasonal, and picked at their peak, vegetables are generally more flavorful than grocery store vegetables, do not contain pesticides or harmful chemicals, and will last longer in your fridge.

Members register and purchase shares in advance of the season. A single share provides enough vegetables for two to four persons, depending on how much you eat per week. The cost of the shares is paid to the farmer so that they can purchase the seeds, equipment and other materials and plan the growing season, without having to borrow funds. Members share in the risks and rewards of farming. When the season starts, members come at a designated time and location to pick up their pre-paid vegetables and enjoy the fruits of the farmers' planning and hard work. The summer season is usually 22 weeks with weekly pickup from June to November and the winter season is from November to February with pickups about every two weeks.

PLG CSA is a volunteer- and cooperatively-run partnership amongst the members who join and its farmers. Member contributes to the CSA by assisting with the weekly setup, distribution and cleanup or by serving on a committee.



OUR FARMERS

Our **vegetable** farmer is **THE FARM AT MILLER'S CROSSING** (www.farmatmillerscrossing.com). They are a certified organic, family-owned and operated farm located in Hudson, NY. On the farm's 200 acres, Chris and Katie Smith grow over 30 acres of vegetables, plants and flowers and raise a small herd of grass-fed cows. PLG CSA is fortunate to partner with The Farm at Miller's Crossing for both their summer and winter CSAs.

HERONDALE FARM (www.herondalefarm.com) offers 100% grass fed, grass finished and pasture-raised meats on certified organic pastures. Their livestock is free from hormones, antibiotics and steroids. During the winter months, **beef, pork, and lamb** shares are available.

DEAN'S BEANS (www.deansbeans.com) is a Massachusetts-based, family-owned, fair trade, certified organic, and kosher **coffee** roaster who also develops projects in villages where they buy their beans.

**REGISTER
FOR A SHARE!
FORMS AND PAYMENT DUE
FRIDAY OCTOBER 19!**

REGISTRATION FORM AND
INFORMATION IS AVAILABLE AT:

www.plgcsa.org

OR CONTACT

info@plgcsa.org or 347-823-1076

SHARE INFO

WINTER 2012-2013 PRICING

Total is due with registration. Refer to the registration form for more detailed information.

Winter share pickups occur six times: November 17, December 1, December 15, January 5, January 19 and February 2. Pickup takes place on Saturday mornings from 9:30-11:30 a.m. at Maple Street School, located on Lincoln Road between Flatbush and Ocean Avenue.

Members are required to work one (1) distribution which entails setting up the space, unloading the delivery, assisting others with pickup and cleanup.

ORGANIC VEGETABLES

Single Share \$120 (\$20/pickup)
feeds approximately 1-3, per week for 2+ weeks

Full Share \$230 (\$38.33/pickup)
feeds 3+, per week for 2+ weeks

WHAT DO I GET?

The winter CSA quantities are larger than the summer CSA. The share will include 6-10 lbs. of storage vegetables and up to 1-3 packages of frozen vegetables, with other fresh vegetables as weather allows. Your share will likely include fresh vegetables such as broccoli, kale, celeriac, and cabbage; root vegetables such as potatoes, onions, carrots; as well as fresh-frozen vegetables like pureed tomatoes, peppers, kale and beans. Vegetables will be washed and free of excessive mud and dirt. Vegetables grown by The Farm at Miller's Crossing have been frozen by Farm to Table in their freezing facility.

Additional Products

Beef/pork/lamb shares are available as a monthly share from December to May. Share sizes are 10 and 15 pounds and are ideal for splitting or for families that eat meat regularly.

Coffee orders are available a la carte (no share commitment required) and is ordered at the beginning of each month. During the winter, pick up is at a different location.

Contact PLG CSA if you are interested in either one of these products.